



Savory Breakfast Muffins

Makes 12 muffins

Ingredients:

- 2 cups whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 eggs
- 1 1/3 cups buttermilk
- 3 tablespoons olive oil
- 2 tablespoons butter, melted
- 1 cup thinly sliced scallions (about 1 bunch)
- ¾ cup Canadian bacon (3 ounces)
- ½ cup grated Cheddar cheese
- ½ cup finely diced red bell pepper

Here is an alternative to a sweet breakfast muffin. These can be individually wrapped in plastic and refrigerated for up to 3 days or freeze for up to 1 month. To re-heat, remove plastic, wrap in a paper towel and microwave for 30 - 60 seconds.

Recipe Source: Eating Well

Directions: Remember to wash your hands.

1. Preheat oven to 400 degree F. Coat 12 muffin cups with cooking spray.
2. Combine whole-wheat flour, all purpose flour, baking powder, baking soda, pepper and salt in large bowl.
3. Whisk eggs, buttermilk, oil and butter in a medium bowl. Fold in scallions, bacon, cheese and bell pepper. Make a well in the center of the dry ingredients. Add wet ingredients and mix until just moistened. Scoop the batter into prepared muffin pan.
4. Bake until golden brown, 20 to 22 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.

Nutrition Facts per muffin: Calories - 217; Fat - 9 g; Sodium - 339 mg; Carbohydrate - 24 g

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